

# **COU108 Counselling Processes and Practice**

**Level:** 1

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

## **Synopsis:**

COU108 encapsulates Egan's The Skilled Helper Model in helping clients identify and explore problem situations, identify and explore unused opportunities, set problem-managing and opportunity-developing goals, develop action plans to accomplish these goals, implement plans, and engage in ongoing evaluation of this entire process.

## **Topics:**

- An Overview of the Problem-Management Process
- Stage IA: Help Clients Tell Their Stories
- Stage I: Task IB: The Real Story; Task IC: The Right Story
- Stage II: Designing the Future; Task IIA: Possibilities for a Better Future
- Stage II: Task IIB: Goals, Outcomes, Impact; and Task IIC: Commitment
- Stage III: Planning the Way Forward

## **Textbooks:**

Egan, G.: The Skilled Helper: A Problem Management & Opportunity - Development Approach to Helping, (eText) 11th ed. Cengage  
ISBN-13: 9789814875714

**Learning Outcome:**

- Summarise the three stages in Egan's Skilled Helper Model
- Delineate the specific tasks in the three stages of the model
- Articulate the techniques and skills pertinent in the three stages
- Examine the importance of building a therapeutic helping relationship
- Demonstrate the skills used in accomplishing the tasks in the three stages
- Evaluate one's use of techniques and skills in the counselling relationship

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>